



NAVAL SUPPLY SYSTEMS COMMAND

DIRECTOR, NAVY FOOD SERVICE
5450 CARLISLE PIKE
P.O. BOX 2050
MECHANICSBURG, PA 17055-0791

IN REPLY REFER TO:

4061

Ser 413/227-013

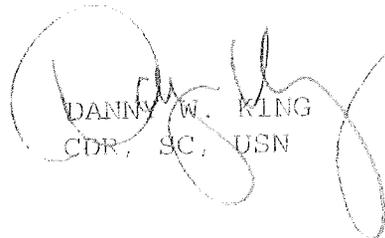
From: DIRECTOR, NAVY FOOD SERVICE
To: Commanding Officer, Naval Support Activity Panama City

Subj: NAVAL SUPPORT ACTIVITY PANAMA CITY MENU REVIEW

Ref: (a) K. Smith email dtd 04 JUN 13

Encl: (1) Menu Review Comments
(2) Menu Review Score Sheet

1. I have reviewed the subject menu as requested by reference (a). Congratulations! Your menu received a score of 97.
2. Comments, recommendations and specific deficiencies are outlined in enclosure (1). Refer to Chapter 1 of the Navy Food Service Operation Handbook for further menu planning guidance. The NAVSUP Navy Nutrition website can be located by logging onto: Navy Knowledge Online; click on Organization and Communities, Systems Commands, NAVSUP, Food Services, Navy Nutrition. The numerical rating is provided in enclosure (2).
3. Nutrition briefs will also be presented to active duty and families in fleet areas to support the menu and provide nutrition education. Please contact your Regional Commander/Navy Food Management Team for nutrition training dates.
4. For any questions, please contact my Nutrition Program Manager, Jennifer Person Whippo, Registered Dietitian at 717-605 6897, DSN 430, or email: Jennifer.person-whip@navy.mil.


DANNY W. KING
CDR, SC, USN

Copy to:
CNIC N9

The following are recommendations for changes to cycle 1 menu.

Comments	Offer a lower fat entrée.	Corn is offered.
Occurrence	Mon - L	Wed - D Thu - F

OBSERVATIONS FOR THE WEEK:

Poultry skin is the main source of fat in chicken recipes. The skin should be removed prior to cooking in order for most chicken recipes to qualify as healthy options. At the very least, your patrons should be informed that consuming poultry skin adds a minimum of 12 grams of fat per serving as stated in Chapter 1 of the Navy Food Service Operation Handbook.

Pointing out the frequency of corn, as mentioned above, is done to bring it to your attention. Recommend offering different vegetables on consecutive days and meals.

Monday Lunch offers only high fat entrees. Per menu planning guidelines, recommend offering one entrée that contains 15 g of fat or less when two entrees are provided.

The following are recommendations for changes to cycle 2 menu.

Comments	Offer a lower fat entrée.	Carrots are offered.
Occurrence	Wed - L	Mon - L Tue - D Wed - L Fri - L Sat - D

OBSERVATIONS FOR THE WEEK:

Poultry skin is the main source of fat in chicken recipes. The skin should be removed prior to cooking in order for most chicken recipes to qualify as healthy options. At the very least, your patrons should be informed that consuming poultry skin adds a minimum of 12 grams of fat per serving as stated in Chapter 1 of the Navy Food Service Operation Handbook.

Pointing out the frequency of carrots, as mentioned above, is done to bring it to your attention. Recommend offering different vegetables on consecutive days and meals.

Wednesday Lunch offers only high fat entrees. Per menu planning guidelines, recommend offering one entrée that contains 15 g of fat or less when two entrees are provided.

The following are recommendations for changes to cycle 3 menu.

Comments	Offer a lower fat entrée.	Offer a lower fat starch.	Carrots are offered.
Occurrence	Mon - L Wed - D	Fri - D Sat - L	Mon - D Tue - L

OBSERVATIONS FOR THE WEEK:

Poultry skin is the main source of fat in chicken recipes. The skin should be removed prior to cooking in order for most chicken recipes to qualify as healthy options. At the very least, your patrons should be informed that consuming poultry skin adds a minimum of 22 grams of fat per serving as stated in Chapter 1 of the Navy Food Service Operation Handbook.

Pointing out the frequency of carrots, as mentioned above, is done to bring it to your attention. Recommend offering different vegetables on consecutive days and meals.

Monday Lunch and Wednesday Dinner offer only high fat entrees. Per menu planning guidelines, recommend offering one entrée that contains 15 g of fat or less when two entrees are provided.

Wednesday Dinner offers fried fish. This item does not qualify as a healthy option entrée.

Friday Dinner and Saturday Lunch offer only high fat starches. Per menu planning guidelines, recommend offering one starch that contains 5 g of fat or less when two starches are provided.

The following are recommendations for changes to cycle 4 menu.

Comments	Offer a lower fat entrée.	No nutrient info is listed for the entrees offered at this meal.
Occurrence	Sun - D	Tue - L

OBSERVATIONS FOR THE WEEK:

Poultry skin is the main source of fat in chicken recipes. The skin should be removed prior to cooking in order for most chicken recipes to qualify as healthy options. At the very least, your patrons should be informed that consuming poultry skin adds a minimum of 12 grams of fat per serving as stated in Chapter 1 of the Navy Food Service Operation Handbook.

Tuesday Lunch offers two local entrees with no nutrient information. All nutrient information must be provided for recipes listed on your menu.

Sunday Dinner offers a high fat entrée and a local recipe with no nutrient information. It is undeterminable whether the local recipe meets healthy entrée classifications per menu planning guidelines. Per menu planning guidelines, recommend offering one entrée that contains 15 g of fat or less when two entrees are provided.

The following are recommendations for changes to cycle 5 menu.

Comments	Offer a lower fat entrée.	Offer a lower fat starch.	Corn/succotash is offered.	Carrots are offered.	No hot vegetable is offered.
Occurrence	Tue - D Fri - L	Thu - D	Tue - L Wed - D	Fri - D Sat - D	Sat - L

OBSERVATIONS FOR THE WEEK:

Poultry skin is the main source of fat in chicken recipes. The skin should be removed prior to cooking in order for most chicken recipes to qualify as healthy options. At the very least, your patrons should be informed that consuming poultry skin adds a minimum of 12 grams of fat per serving as stated in Chapter 1 of the Navy Food Service Operation Handbook.

Pointing out the frequency of corn/succotash, and carrots, as mentioned above, is done to bring it to your attention. Recommend offering different vegetables on consecutive days and meals.

Tuesday Dinner and Friday Lunch offer only high fat entrees. Per menu planning guidelines, recommend offering one entrée that contains 15 g of fat or less when two entrees are provided.

Thursday Dinner offers only high fat starches. Per menu planning guidelines, recommend offering one starch that contains 5 g of fat or less when two starches are provided.

Saturday Lunch does not offer a hot vegetable. This item needs to be provided at every meal.

Galley: Naval Support

Activity Panama City

Review Activity: NAVSUP

DATE 05 JUN 13

	Review Activity: NAVSUP			COMMENTS
	Less than 80% of meals	Less than 80-89% of meals	Greater than 90% of meals	
	2 pts	5 pts	10 pts	
<p>✓</p> <p>Healthy Navy Entrée (\leq 15 grams fat) offered at Lunch and Dinner.</p> <p>Healthy Navy Starch (\leq 5 grams fat) offered at Lunch and Dinner.</p> <p>Healthy Navy Vegetable (\leq 5 grams fat) offered at Lunch and Dinner.</p> <p>Healthy Navy Dessert (\leq 5 grams fat) offered at Lunch and Dinner. Fruit bar can be counted as Healthy dessert.</p> <p>Healthy options are available at Breakfast: yogurt, reduced cholesterol eggs, whole grain cereal, bagels, low fat muffins, English Muffin qualify as Healthy options.</p>			<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>	<p>See enclosure (1) for meals that do not meet this criterion.</p> <p>See enclosure (1) for meals that do not meet this criterion.</p>

Enclosure (2)

	FEW MEALS MEET CRITERIA	SOME MEALS MEET CRITERIA	MOST MEALS MEET CRITERIA	COMMENTS
	1 pt	2 pts	5 pts	
Menu incorporates a variety of fiber sources: whole grain breads/cereals, an assortment of fresh fruits/vegetables, legumes (kidney beans, baked beans), brown or wild rice.			✓	
The menu is aesthetically pleasing... flavors, textures, colors and shapes are complementary.			✓	
Variety: NAVSUP P-7 is utilized to the fullest extent. Recipes from the most current update to the AFRS are included.			✓	
Variety: Popular foods are not overscheduled on the menu.		✓		See enclosure (1) for meals that do not meet this criterion.
Red meat (beef, pork, ham, veal, liver) is not over utilized. When serving two entrees per meal, attempt to serve one poultry, fish or vegetarian option.			✓	
All meals offer fruit which provides antioxidants and fiber.			✓	

	FEW MEALS MEET CRITERIA	SOME MEALS MEET CRITERIA	MOST MEALS MEET CRITERIA	COMMENTS
	1 pt	2 pts	5 pts	
When serving two entrees, attempt to offer one hot entrée and only one sandwich per meal.			✓	
When serving 2 vegetables, offer one non-starchy vegetable and only one starchy vegetable.			✓	See enclosure (1) for meals that do not meet this criterion.
Menu provides accurate nutrient information as reflected in recipes listed on the NKO.			✓	Local entrees do not provide nutrient info. This data must be included on menus per menu planning guidelines.
Menu lists soups offered at lunch and dinner by name.			✓	

Totals		97
<p>90-100 points = good menu, minimal or no modifications required</p> <p>80-90 points = modifications required to meet menu planning guidelines</p> <p>less than 80 points = menu requires major revision</p>	<p>COMMENTS</p> <ul style="list-style-type: none"> • Congratulations! Your menu received a score of 97. A score of 90 or above is considered satisfactory. • Some meals offer no healthy entrée option. All meals must provide an entrée that contains 15 g of fat or less when 2 entrees are provided. • Some meals offer no healthy starch option. All meals must provide a starch that contains 5 g of fat or less when 2 starches are provided. • Some meals offer the same vegetable at lunch and dinner. Recommend offering a different vegetable on consecutive days and meals to provide the greatest variety. • Meals do not provide nutrient information for entrees when local recipes are listed on the menu. 	

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SEASHORE GENERAL MESS-CYCLE ONE

2013

BREAKFAST	INDEX	CALS	FATS	CARBS	LUNCH	INDEX	CALS	FATS	CARBS	DINNER	INDEX	CALS	FATS	CARBS
ORANGE JUICE		69	0G	17G	CREAM OF MUSHROOM SOUP	P-14	153	8G	14G	MINESTRONE SOUP	P-7-1	75	1G	14G
PINEAPPLE JUICE		63	0G	15G	FISH STICKS	N 032 00	498	24G	49G	STUFFED PORK CHOPS	L-84	342	19G	10G
ASSORTED CEREALS	VAR				EL RANCHO SWISS STEAK	L 022 00	278	11G	20G	CREOLE SPAGHETTI W/MEAT BALLS	L-64	267	6G	32G
FARINA	E-1-1	84	1G	16G	RICE PILAF	E 005 00	47	1G	8G	COTTAGE FRIED POTATOES	Q 046 01	175	6G	28G
OVEN-FRIED BACON	L-1	88	8G	0G	HACIENDA POTATOES	Q-79	145	1G	35G	SEASONED CORN ON THE COB	Q-111	123	1G	29G
GRILLED PORK CHOPS	L-30	214	10G	9G	BRUSSELS SPROUTS	Q-106	57	0G	11G	BROCCOLI W/ CHEESE SAUCE	Q-24	77	2G	10G
GRILLED EGGS TO ORDER	VAR				SEASONED PEAS & CARROTS	Q-127	65	1G	14G	FRESH GARLIC BREAD	D-007	259	14G	31G
SCRAMBLED EGGS	VAR				POTATOE SALAD	M-042	168	6G	26G	BYO SALAD BAR	VAR			
ASSORTED OMELETS	VAR				DINNER ROLLS	D-33	325	7G	56G	FRUIT SALAD BAR	VAR			
HARD BOILED EGGS	F-4	149	10G	1G	BYO SALAD BAR	VAR				FRUIT FLAVOR GELLITAN	J-7-2	90	0G	21G
HASH BROWN POTATOES	Q-46-4	175	6G	28G	COTAGE CHEESE & PEARS	M-13-3	107	3G	14G	BROWN GRAVY	O 016 00	47	2G	7G
BLUEBERRY PANCAKES	D 25 4	253	6G	41G	FRUIT FLAVOR GELLITAN BAR	VAR								
WAFFLES	D 25 6	176	6G	41G	FRUIT SALAD BAR	VAR								
SYRUP		210	0G	0G	NATURAL GRAVY	O 018 00	3	0G	0G					
HONEY		60	0G	17G										
FRIED RICE	E-7-1	211	6G	29G										
FRUIT SALAD BAR	0-5-1	45	1G	8G										
FRIED RICE	E-7-1	211	6G	29G										

SEASHORE GENERAL MESS-CYCLE ONE

2013

BREAKFAST	INDEX	CALS	FATS	CARBS	LUNCH	INDEX	CALS	FATS	CARBS	DINNER	INDEX	CALS	FATS	CARBS
S					TOMATO VEGETABLE SOUP	P-007	57	1G	10G	MULLIGATAWNY SOUP	LOCAL	91	3G	10G
U					BAKED CHICKEN SANDWICHES	N-021	460	27G	36G	CAJUN BLACKENED FISH	L-119-07	157	5.7	2.1
N					OVEN FRIED BACON	L-1	88	8G	0G	CHICKEN POT PIE	L-150-03	353	8.3	37.5
D	ONLY				PASTA PRIMAVERA	L-501	288	4G	54G	SPRING GARDEN RICE	Q-014	170	2G	31G
A					FRENCH FRIED ONION RINGS	Q-35-3	333	20G	35G	FRESH SWEET POTATOES	Q-067	179	4G	34G
Y					STEAMED CAULIFLOWER	Q-109	26	0G	5G	SEASONED STEWED TOMATOES	Q-058	57	2G	9G
					FARINA	E-1-1	84	1G	16G	SOUTHERN FRIED OKRA	Q-32	184	13G	15G
					GRILLED EGGS TO ORDER	VAR				BYO SALAD BAR	VAR			
					SCRAMBLED EGGS	VAR				FRUIT SALAD BAR	VAR			
					ASSORTED OMELETS	VAR				FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G
					HARD BOILED EGGS	F-4	149	10G	1G	DINNER ROLLS	D-33	325	7G	56G
					HASH BROWN POTATOES	Q-46-4	175	6G	28G	CARROTS, CELERY & APPLE SALAD	VI-005	95	6G	11G
					GRILLED FRENCH TOAST	D 022 04	206	6G	29G					
					VEGETABLE SALAD	M-049	45	0G	9G					
					SYRUP		210	0G	0G					
					HONEY		60	0G	17G					
					FRUIT FLAVORED GELITAN	J-7-2	90	0G	21G					
					FRUIT SALAD BAR	0-5-1	45	1G	8G					
					SPANISH SAUCE	0-5-1	45	1G	8G					
					BYO SALAD BAR	VAR								
					APPLE JUICE		140	0G	34G					
					ORANGE JUICE		69	0G	17G					
					ASSORTED CEREALS	VAR								

SEASHORE GENERAL MESS-CYCLE TWO

2013

	BREAKFAST	INDEX	CALS	FATS	CARBS	LUNCH	INDEX	CALS	FATS	CARBS	DINNER	INDEX	CALS	FATS	CARBS
S						CREAM OF POTATO SOUP	P-015-01	138	1G	28G	CHICKEN GUMBO SOUP	P-010	117	5G	14G
U						BREAKFAST BURRITOS	F-801	247	8G	32G	PORK CHOP SUEY	L-022-02	278	11G	20G
N	BRUNCH					OVEN FRIED BACON	L-1	88	8G	0G	ROAST BEEF	L-005-00	276	12G	0G
D						GRILLED HAM & CHEESE SANDWICH	N-006-03	391	22G	25G	STEAM RICE	E-006-00	168	2G	34G
A						BAKED BEANS	Q-003	179	2G	32G	GARLIC CHEESE POTATOES	Q-500-00	127	2G	23G
Y	AND					SEASONED GREEN BEANS	Q-101	36	0G	8G	STIR FRIED VEGETABLES	Q-106	57	0G	11G
						HASH BROWN POTATOES	Q-46-4	175	6G	28G	CUCUMBER W/ ONION SALAD	M-015	30	0G	8G
						ROLLED OATS	E-001-00	106	2G	18G	DINNER ROLLS	D-33	325	7G	56G
	SUPPER					GRILLED EGGS TO ORDER	VAR				BYO SALAD BAR	VAR			
						SCRAMBLED EGGS	VAR				FRUIT SALAD BAR	VAR			
	ONLY					ASSORTED OMELETS	VAR				FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G
						HARD BOILED EGGS	F-4	149	10G	1G	NATURAL GRAVY	O-016-00	73	5G	5G
						TUNA SALAD	L-132	240	12G	10G					
						GRILLED FRENCH TOAST	D-22-4	206	6G	29G					
						TOMATO JUICE		22	0G	6G					
						ORANGE JUICE		69	0G	17G					
						ASSORTED CERALS	VAR								
						BYO SALAD BAR	VAR								
						FRUIT SALAD BAR	VAR								
14						FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G					

SEASHORE GENERAL MESS-CYCLE THREE

2013

	BREAKFAST	INDEX	CALS	FATS	CARBS	LUNCH	INDEX	CALS	FATS	CARBS	DINNER	INDEX	CALS	FATS	CARBS
S						BEEF BARLEY SOUP	P-001-01	80	2G	13G	NEW ENGLAND CLAM CHOWDER	P-013-01	128	6G	15G
A						CHILI BURGERS	N-012-04	329	15G	25G	BAKED PORK CHOP	L-083-01	302	17G	6G
T	BRUNCH					GRILLED BACON	F-801	247	8G	32G	CAJUN BAKED FISH	L-119-07	163	6G	1G
U						POLONAISE FRENCH FRIED POTATOES	Q-045	209	9G	30G	MASHED POTATOES	Q-048	105	2G	20G
R						BRUSSELS SPROUTS	Q-010-01	73	3G	10G	SAVORY BREAD DRESSING	O-21	142	3G	24G
D	AND					HASH BROWN POTATOES	Q-46-4	175	6G	28G	BROCCOLI POLONAISE	Q-010	60	3G	7G
A						ROLLED OATS	E-1	106	2G	18G	SIMMERED PEAS & CARROTS	Q-127	65	1G	14G
Y	SUPPER					GRILLED EGGS TO ORDER	VAR				ROTINI PASTA	M-070	106	2G	18G
						SCRAMBLED EGGS	VAR				DINNER ROLLS	D-33	325	7G	56G
						ASSORTED OMELETS	VAR				BYO SALAD BAR	VAR			
	ONLY					HARD BOILED EGGS	F-1	149	10G	1G	FRUIT SALAD BAR	VAR			
						FRIJOLE SALAD	M-004	63	2G	2G	FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G
						GRILLED PANCAKES	D-25-4	253	6G	41G	BROWN GRAVY	O-16-2	47	3G	3G
						PINEAPPLE JUICE		63	0G	15G					
						ORANGE JUICE		69	0G	17G					
						ASSORTED CERALS	VAR								
						BYO SALAD BAR	VAR								
						FRUIT SALAD BAR	VAR								
						FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G					
20						FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G					

SEASHORE GENERAL MESS-CYCLE THREE

2013

BREAKFAST	INDEX	CALS	FATS	CARBS	LUNCH	INDEX	CALS	FATS	CAR	DINNER	INDEX	CALS	FATS	CARBS
S	BRUNCH				CHICKEN RICE SOUP	P-009	69	2G	8G	CREAM OF TOMATO SOUP	P-006	61	1G	12G
U	AND				GRILLED TUNA & CHEESE SANDWICHES	N-015-00	339	13G	35G	PEPPER STEAK	L-013	225	8G	7G
N	SUPPER				TURKEY SAUSAGE LINKS	L-200-00	82	4G	0G	SWEET & SOUR PORK	L-082	345	13G	28G
D	ONLY				HASH BROWNS	Q-46-4	175	6G	28G	SCALLOPED POTATOES	Q-053	152	3G	28G
A					OVEN BROWN POTATOES	Q-050-00	126	4G	22G	STEAM RICE	E-005-00	148	1G	32G
Y					STEAMED WAX BEANS	Q-101-04	30	0G	7G	CLUB SPINACH CREAMY	Q-060	163	8G	14G
					FARINA	E-1-1	84	1G	16G	CUCUMBER SALAD	M-072-01	105	2G	18G
					GRILLED EGGS TO ORDER	VAR				BYO SALAD BAR	VAR			
					SCRAMBLED EGGS	VAR				FRUIT SALAD BAR	VAR			
					ASSORTED OMELETS	VAR				FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G
					HARD BOILED EGGS	F-4	149	10G	1G	DINNER ROLLS	D-33	325	7G	56G
					HASH BROWN POTATOES	Q-46-4	175	6G	28G					
					GRILLED FRENCH TOAST	D-22-4	206	6G	29G					
					FRIJOBE SALAD	M-004	63	2G	12G					
					SYRUP		210	0G	0G					
					HONEY		60	0G	17G					
					FRUIT FLAVORED GELITAN	J-7-2	90	0G	21G					
					FRUIT SALAD BAR	0-5-1	45	1G	8G					
					SPANISH SAUCE	0-5-1	45	1G	8G					
					BYO SALAD BAR	VAR								
					APPLE JUICE		140	0G	34G					
					ORANGE JUICE		69	0G	17G					
					ASSORTED CEREALS	VAR								

use simple of beef
 use Taringo
 (chicken)

SEASHORE GENERAL MESS-CYCLE FOUR

2013

	BREAKFAST	INDEX	CALS	FATS	CARBS	LUNCH	INDEX	CALS	FATS	CARBS	DINNER	INDEX	CALS	FATS	CARBS
T	ORANGE JUICE		69	0G	17G	VEGETABLE SOUP	P-2-1	62	2G	6G	BEEF NOODLE SOUP	P-001-02	55	2G	6G
U	GRAPE JUICE		140	0G	34G	SHOYU CHICKEN	LOCAL				MUSTARD-DILL BAKED FISH	L-119	161	5G	3G
E	ASSORTED CEREALS	VAR				VEAL PARMESAN	LOCAL				VEAL PARMESAN	L-103	405	25G	15G
S	ROLLED OATS	E-1	106	2G	18G	RICE PILAF	E-005-00	47	1G	8G	OVEN GLO POTATOES	Q-050	130	4G	23G
D	CREAMED SAUSAGE AND BISCUITS	L-30	214	10G	9G	MASHED POTATOES	Q-048-00	105	2G	20G	TOSSED GREEN RICE	E-005-02	163	2G	33G
A	OVEN FRIED BACON	L-1	88	8G	0G	ROASTED SQUASH ZUCCHINI	Q-122-00	46	0G	10G	MIXED VEGETABLE	Q-126	78	1G	16G
Y	GRILLED FCGSTO ORDER	VAR				SEASONED CORN	Q-110	108	1G	26G	SEASONED ASPARAGUS	Q-G-6	121	4G	19G
	SCRAMBLED EGGS	VAR				SPINACH / MUSHROOMS SALAD	M-002-02	18	0G	3G	GARLIC TOASTED FRENCH BREAD	D-007	259	13G	31G
	ASSORTED OMELETS	VAR				DINNER ROLLS	D-33	325	7G	56G	STRAWBERRY KWI W/ GRAPES	M-035	79	0G	20G
	HARD BOILED EGGS	F-4	149	10G	1G	BYO SALAD BAR	VAR				BYO SALAD BAR	VAR			
	HASH BROWN POTATOES	Q-06-4	175	6G	28G	FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G	FRUIT SALAD BAR	VAR			
	GRILLED PANCAKES	D-25-4	253	6G	41G	FRUIT SALAD BAR	VAR				FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G
	WAFFLES	D-25-6	176	6G	41G	BROWN GRAVY	Q-016	73	5G	5G					
	SYRUP		210	0G	0G										
	HONEY		60	0G	17G										
	FRIED RICE	E-7-1	211	6G	29G										
	FRUIT SALAD BAR	0-5-1	45	1G	8G										

SEASHORE GENERAL MESS-CYCLE FOUR

2013

	BREAKFAST	INDEX	CALS	FATS	CARBS	LUNCH	INDEX	CALS	FATS	CARBS	DINNER	INDEX	CALS	FATS	CARBS
T	ORANGE JUICE		69	0G	17G	CREAM OF POTATO SOUP	P015-01	138	1G	28G	FRENCH ONION SOUP	P-4-1	163	11G	13G
H	APPLE JUICE		140	0G	34G	SAVORY BAKED PORK CHOPS	L-085-01	286	18G	0G	INDONESIAN STYLE BEEF OVER NOODLES	L-811	325	14G	19G
U	ASSORTED CEREALS	VAR				PASTA W/ MARINARA SAUCE	O-004	93	1G	21G	CHEESE MANICOTTI	L-841	433	21G	35G
R	HOMINY GRITS	E-1-1	84	1G	16G	ASSORTED BURRITOS	N-049	399	7G	41G	COTTAGE FRIED POTATOES	Q-046-01	175	6G	28G
S	BAKED CORN BEEF HASH	L-110-01	258	20G	6G	ROSEMARY POTATOE BALLS	Q-077-01	107	2G	1G	SEASONED ZUCCHINI & ONIONS	Q-122-02	33	0G	10G
D	OVEN FRIED BACON	L-1	88	8G	0G	SEASONED BROCCOLI	Q-105	38	0G	5G	GREEN BEANS W/ GARLIC & OLIVE OIL	Q-101	36	0G	0G
A	GRILLED EGGS TO ORDER	VAR				STEWED TOMATOES	Q-058-00	23	4G	18G	CARROT SALAD	M-005	109	6G	15G
Y	SCRAMBLED EGGS	VAR				MACARONI SALAD	M-034	141	6G	20G	BYO SALAD BAR	VAR			
	ASSORTED OMELETS	VAR				DINNER ROLLS	D-33	325	7G	56G	FRUIT SALAD BAR	VAR			
	HARD BOILD EGGS	F-4	149	10G	1G	BYO SALAD BAR	VAR				FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G
	HASH BROWN POTATOES	Q-46-4	175	6G	28G	FRESH SALSA	O-007-01	13	0G	3G	DINNER ROLLS	D-33	325	7G	56G
	BLUEBERRY PANCAKES	D-25-2	268	7G	43G	FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G					
	WAFFLES	D-25-6	176	6G	41G	FRUIT SALAD BAR	VAR								
	SYRUP		210	0G	0G	NATURAL GRAVY	O-016	73	5G	5G					
	HONEY		60	0G	17G										
	FRIED RICE	E-7-1	211	6G	29G										
	FRUIT SALAD BAR	0-5-1	45	1G	8G										

Use for 2013

SEASHORE GENERAL MESS-CYCLE FOUR

	BREAKFAST	INDEX	CALS	FATS	CARBS	LUNCH	INDEX	CALS	FATS	CARBS	DINNER	INDEX	CALS	FATS	CARBS
S	BRUNCH					VEGETABLE BEEF SOUP	P-009	89	2G	12G	CHICKEN & RICE SOUP	P-002	73	2G	9G
U	AND					SPAGHETTI/MEAT SAUCE	N-036-01	441	10G	63G	BEEF SIFADO	LOCAL			
N	SUPPER					OVEN-FRIED BACON	L-1	88	8G	0G	SOUTHERN FRIED CATFISH	L-056	250	13G	10G
D	ONLY					HASH BROWNS	Q-46-4	175	6G	28G	TOSSED GREEN RICE	Q-005-02	163	2G	33G
A						STEAMED RICE	E-005-00	148	1G	32G	FRANCONIA POTATOES	Q-050-01	126	4G	22G
Y						SEASONED BROCCOLI	Q-105	38	0G	7G	HARVARD BEETS	Q-008	100	2G	20G
						HOMINY GRITS	E-1-1	84	1G	16G	STEAMIED CAULIFLOWER	Q-009	26	0G	5G
						GRILLED EGGS TO ORDER	VAR				ROTTI PASTA	M-070	106	2G	18G
						SCRAMBLED EGGS	VAR				BYO SALAD BAR	VAR			
						ASSORTED OMELETS	VAR				FRUIT SALAD BAR	VAR			
						HARD BOILD EGGS	F-4	149	10G	1G	FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G
						HASH BROWN POTATOES	Q-46-4	175	6G	28G	GARLIC BREAD	D-007	259	13G	31G
						GRILLED FRENCH TOAST	D-22-4	206	6G	29G	NATURAL GRAVY	O-016	73	5G	5G
						COLE SLAW & VINEGAR DRESSING	M-009-01	47	0G	12G					
						SYRUP		210	0G	0G					
						HONEY		60	0G	17G					
						FRUIT FLAVORED GELITAN	J-7-2	90	0G	21G					
						FRUIT SALAD BAR	0-5-1	45	1G	8G					
						BYO SALAD BAR	VAR								
						APPLE JUICE		140	0G	34G					
						ORANGE JUICE		69	0G	17G					
						ASSORTED CEREALS	VAR								

SEASHORE GENERAL MESS-CYCLE FIVE

2013

BREAKFAST	INDEX	CALS	FATS	CARBS	LUNCH	INDEX	CALS	FATS	CARBS	DINNER	INDEX	CALS	FATS	CARBS
S					CREAM OF BROCCOLI SOUP	P-001-01	80	2G	13G	BEEF NOODLE SOUP	P-001-02	55	2G	6G
A					TUNA SALAD SANDWICH	N-015	339	13G	35G	NEW ENGLAND BOILED DINNER	L-111	626	33G	46G
T	BRUNCH				OVEN FRIED BACON SLICES	L-1	88	8G	0G	BAKED TILAPIA W/ LEMON BUTTIER SAUCE	L-119-01	178	8G	0G
U					BROCCOLI	F-801	247	8G	32G	BOILED POTATOES	Q-119-02	137	0G	32G
R					HASH BROWN POTATOES	Q-46-4	175	6G	28G	RICE PILAF	E-008-00	67	1G	13G
D	AND				ROLLED OATS	E-1	106	2G	18G	STEAMED ONIONS & CARROTS	Q-041-03	130	2G	22G
A					GRILLED EGGS TO ORDER	VAR				STEAMED CABBAGE & ONIONS	Q-041-03	130	2G	22G
Y					SCRAMBLED EGGS	VAR				COTTAGE CHEESE W/ PEACH SALAD	M-013	102	3G	12G
	SUPPER				ASSORTED OMELETS	VAR				DINNER ROLLS	D-33	325	7G	56G
					HARD BOILED EGGS	F-4	149	10G	1G	BYO SALAD BAR	VAR			
	ONLY				GRILLED PANCAKES	D-25-4	253	6G	41G	FRUIT SALAD BAR	VAR			
					APPLE JUICE		140	0G	34G	FRUIT FLAVOR	J-7-2	90	0G	21G
					ORANGE JUICE		69	0G	17G	NATURAL GRAVY	O-018-00	73	5G	5G
					ASSORTED CEREALS	VAR								
					BYO SALAD BAR	VAR								
					FRUIT SALAD BAR	VAR								
					FRUIT FLAVOR GELITAN	J-7-2	90	0G	21G					

SEASHORE GENERAL MESS BOX MEAL 2013

	BREAKFAST	INDEX	CAL	FAT	CARBS	LUNCH	INDEX	CALS	FAT	CARBS	DINNER	INDEX	CAL	FAT	CARBS
M	HAM EGG W/CHEESE ON A ENGLISH MUFFIN	N03700	344	18G	23G	ROAST BEEF, HAM, TURKEY SANDWICH	N00400	332	14G	32G	HOGIE W/ SALAMI, BOLOGNA & HAM	N01700	332	16G	31G
O	1 BAGEL	D01300	242	2G	48G	2 HARD BOILED EGGS		25	1.5G	0G	2 HARD BOILED EGGS		25	1.5G	0G
N	1 CREAM CHEESE		98	9G	1G	1 CAN OF GATORAIDE		80	0G	21G	1 CAN OF GATORAIDE		80	0G	21G
D	1 PEANUT BUTTER		186	16G	5G	1 NUTRIGRAIN BAR		130	3G	24G	1 NUTRIGRAIN BAR		130	3G	24G
A	1 JELLY		50	0G	13G	2 PIECES OF FRUIT	VAR				2 PIECES OF FRUIT	VAR			
Y	BLUEBERRY MUFFIN	D02901	178	5G	30G	1 PACK OF PEANUT- BUTTER CRACKERS		200	10G	23G	1 PACK OF PEANUT- BUTTER CRACKERS		200	10G	23G
	ORANGE JUICE		140	0G	33G	1 BAG OF CHIPS		150	10G	16G	1 BAG OF CHIPS		150	10G	16G
	APPLE JUICE		140	0G	34G	1 CHEWY BAR		90	15G	19G	1 CHEWY BAR		90	15G	19G
	FRESH FRUIT	VAR				1 BAG OF PEANUTS		170	15G	5G	1 BAG OF PEANUTS		170	15G	5G
	2 HARD BOILED EGGS		25	1.5G	0G	1 PACK OF COOKIES		240	12G	32G	1 PACK OF COOKIES		240	12G	32G
						LETTUCE		8	0.1G	1.6G	LETTUCE		8	0.1G	1.6G
						TOMATO		10	0G	2.0G	TOMATO		10	0G	2.0G
						MUSTARD KETCHUP MAYONNAISE		52	3.22G	3.91G	MUSTARD KETCHUP MAYONNAISE		52	3.22G	3.91G
								0	0G	0G			0	0G	0G
1								100	11G	0G			100	11G	0G

SEASHORE GENERAL MESS BOX MEAL 2013

	BREAKFAST	INDEX	CAL	FAT	CARBS	LUNCH	INDEX	CAL	FAT	CARBS	DINNER	INDEX	CAL	FAT	CARBS
T	BACON EGG & CHEESE	N03701	389	9G	22G	HAM, ROAST BEEF, TURKEY & CHEESE SANDWICH	N00901	464	24G	34G	HAM W/ CHEESE SANDWICH	N01102	315	9G	35G
U	1 BAGEL	D01300	242	2G	48G	2 HARD BOILED EGGS		25	1.5G	0G	2 HARD BOILED EGGS		25	1.5G	0G
E	1 CREAM CHEESE		98	9G	1G	1 CAN OF GATORAIDE		80	0G	21G	1 CAN OF GATORAIDE		80	0G	21G
S	1 PEANUT BUTTER		186	16G	5G	1 NUTRIGRAIN BAR		130	3G	24G	1 NUTRIGRAIN BAR		130	3G	24G
D	1 JELLY		50	0G	13G	2 PIECES OF FRUIT	VAR				2 PIECES OF FRUIT	VAR			
A	BLUEBERRY MUFFIN	D02901	178	5G	30G	1 PACK OF PEANUTBUTTER CRACKERS		200	10G	23G	1 PACK OF PEANUT BUTTER CRACKERS		200	10G	23G
Y	ORANGE JUICE		140	0G	33G	1 BAG OF CHIPS		150	10G	16G	1 BAG OF CHIPS		150	10G	16G
	APPLE JUICE		140	0G	34G	1 CHEWY BAR		90	15G	19G	1 CHEWY BAR		90	15G	19G
	FRESH FRUIT	VAR				1 BAG OF PEANUTS		170	15G	5G	1 BAG OF PEANUTS		170	15G	5G
	2 HARD BOILED EGGS		25	1.5G	0G	1 PACK OF COOKIES		240	12G	32G	1 PACK OF COOKIES		240	12G	32G
						LETTUCE		8	0.1G	1.6G	LETTUCE		8	0.1G	1.6G
						TOMATO		10	0G	2.0G	TOMATO		10	0G	2.0G
						MUSTARD KETCHUP MAYONNAISE		52	3.22G	3.91G	MUSTARD KETCHUP MAYONNAISE		52	3.22G	3.91G
2								0	0G	0G			0	0G	0G
								100	11G	0G			100	11G	0G

SEASHORE GENERAL MESS BOX MEAL 2013

	BREAKFAST	INDEX	CAL	FAT	CARBS	LUNCH	INDEX	CAL	FAT	CARBS	DINNER	INDEX	CAL	FAT	CARBS
W	ENGLISH MUFFIN W/ SAUSAGE EGG & CHEESE	N00702	459	27G	28G	HAM, ROAST BEEF, TURKEY & CHEESE SANDWICH	N01102	368	15G	33G	CHICKEN SANDWICH	N01700	332	16G	31G
E	1 BAGEL	D01300	242	2G	48G	2 HARD BOILED EGGS		25	1.5G	0G	2 HARD BOILED EGGS		25	1.5G	0G
D	1 CREAM CHEESE		98	9G	1G	1 CAN OF GATORAIDE		80	0G	21G	1 CAN OF GATORAIDE		80	0G	21G
N	1 PEANUT BUTTER		186	16G	5G	1 NUTRIGRAIN BAR		130	3G	24G	1 NUTRIGRAIN BAR		130	3G	24G
E	1 JELLY		50	0G	13G	2 PIECES OF FRUIT	VAR				2 PIECES OF FRUIT	VAR			
S	BLUEBERRY MUFFIN	D02901	178	5G	30G	1 PACK OF PEANUTBUTTE R CRACKERS		200	10G	23G	1 PACK OF PEANUT BUTTER CRACKERS		200	10G	23G
D	ORANGE JUICE		140	0G	33G	1 BAG OF CHIPS		150	10G	16G	1 BAG OF CHIPS		150	10G	16G
A	APPLE JUICE		140	0G	34G	1 CHEWY BAR		90	15G	19G	1 CHEWY BAR		90	15G	19G
Y	FRESH FRUIT	VAR				1 BAG OF PEANUTS		170	15G	5G	1 BAG OF PEANUTS		170	15G	5G
	2 HARD BOILED EGGS		25	1.5G	0G	1 PACK OF COOKIES		240	12G	32G	1 PACK OF COOKIES		240	12G	32G
						LETTUCE		8	0.1G	1.6G	LETTUCE		8	0.1G	1.6G
						TOMATO		10	0G	2.0G	TOMATO		10	0G	2.0G
						MUSTARD KETCHUP		52	3.22G	3.91G	MUSTARD KETCHUP		52	3.22G	3.91G
						MAYONNAISE		0	0G	0G	MAYONNAISE		0	0G	0G
3								100	11G	0G			100	11G	0G

SEASHORE GENERAL MESS BOX MEAL 2013

	BREAKFAST	INDEX	CAL	FAT	CARBS	LUNCH	INDEX	CAL	FAT	CARBS	DINNER	INDEX	CAL	FAT	CARBS
F	BACON EGG & CHEESE	N03701	389	9G	22G	COLD CUT SANDWICH W/ CHEESE	N01700	332	16G	31G	CHICKEN PATTY SANDWICH	L10901	551	39G	21G
R	1 BAGEL	D01300	242	2G	48G	2 HARD BOILED EGGS		25	1.5G	0G	2 HARD BOILED EGGS		25	1.5G	0G
I	1 CREAM CHEESE		98	9G	1G	1 CAN OF GATORAIDE		80	0G	21G	1 CAN OF GATORAIDE		80	0G	21G
D	1 PEANUT BUTTER		186	16G	5G	1 NUTRIGRAIN BAR		130	3G	24G	1 NUTRIGRAIN BAR		130	3G	24G
A	1 JELLY		50	0G	13G	2 PIECES OF FRUIT	VAR				2 PIECES OF FRUIT	VAR			
Y	BLUEBERRY MUFFIN	D02901	178	5G	30G	1 PACK OF PEANUTBUTTE R CRACKERS		200	10G	23G	1 PACK OF PEANUT BUTTER CRACKERS		200	10G	23G
	ORANGE JUICE		140	0G	33G	1 BAG OF CHIPS		150	10G	16G	1 BAG OF CHIPS		150	10G	16G
	APPLE JUICE		140	0G	34G	1 CHEWY BAR		90	15G	19G	1 CHEWY BAR		90	15G	19G
	FRESH FRUIT	VAR				1 BAG OF PEANUTS		170	15G	5G	1 BAG OF PEANUTS		170	15G	5G
	2 HARD BOILED EGGS		25	1.5G	0G	1 PACK OF COOKIES		240	12G	32G	1 PACK OF COOKIES		240	12G	32G
						LETTUCE		8	0.1G	1.6G	LETTUCE		8	0.1G	1.6G
						TOMATO		10	0G	2.0G	TOMATO		10	0G	2.0G
						MUSTARD KETCHUP		52	3.22G	3.91G	MUSTARD KETCHUP		52	3.22G	3.91G
						MAYONNAISE		0	0G	0G	MAYONNAISE		0	0G	0G
5						MAYONNAISE		100	11G	0G	MAYONNAISE		100	11G	0G

SEASHORE GENERAL MESS MEAT BLOCK 2013

C Y C L E	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
O N E	B	BACON SAUSAGE	BACON LUNCHEON MEAT	BACON HAMSLICES	CANADIAN BACON SAUSAGE LINKS	BACON MINCED BEEF		
	L	BUFFALO CHICKEN ROAST BEEF CRANBERR	TEMPURA FISH SMOTHERED CHICKEN	CREOLE SHRIMP/PAST A ROAST TURKEY	CHEESE BURGERS GRILLED CHICKEN BREAST	HOT & SPICY CHICKEN TUNA CASSORALE	BACON HOT ROAST BEEF SANDWICH	BAKED CHICKEN SANDWICH BACON
	D	PORK ADOBO BEEF STROGANOFF	GRILLED LIVER/ONION JAMBALAYA	STUFFED PORK CHOPS CREOLE SPAGHETTI W/ MEATBALLS	SALMON LOAF ROTISSERIES CHICKEN	YANKEE POT ROAST SAVORY BREADED CHICKEN	BBQ PORK CHOPS TURKEY A LA KING	CAJUN BLACKENED FISH CHICKEN POT PIE
T W O	B	BACON HAM SLICES	CANADIAN BACON CORNBEEF HASH	BACON SAUSAGE PATTIES	BACON LUNCHEON MEATS	SAUSAGE PATTIES CANADIAN BACON		
	L	SAVORY MEAT LOAF RUSSIAN TURKEY STEW	CHILI MACARONI CHICKEN CACCIATORE	ASIAN BBQ TURKEY RAVIOLI W/MEAT SAUCE	ASSORTED PIZZA BBQ PULLED PORK SANDWICH	SEAFOOD NEWBURG GRILLED STEAK	CHILE DOGS BACON	GRILLED HAM & CHEESE SANDWICH BACON
	D	ORANGE CHICKEN BBQ SPARERIBS	SWEET & SOUR PORK PEPPER STEAK	SWISS STEAK JERK CHICKEN	SHRIMP ETOUFFEE CURRY CHICKEN BREAST	SPAGHETTI/ MEATBALL HAM & NOODLES	BEEF YAKISOBA CREOLE BAKED COD	PORK CHOP SUEY VEAL STEAK PARMESA
T H R E E	B	BACON SAUSAGE LINKS	BACON CORNBEEF HASH	SAUSAGE PATTIES CANADIAN BACON	BACON MINCE BEEF/W TOAST	BACON HAM SLICES		
	L	BBQ SPARERIBS FRIED CHICKEN	PINEAPPLE CHICKEN PRIME RIB	RIBEYE STEAK ROLL CREOLE SCALLOP/ SHRIMP	GRILLED CHEESE BURGER GRILLED CHICKEN BREAST	CHIPPER FISH TERRIYAKE BEEF STRIPS	SLOPPY JOE SANDWICH CANADIAN BACON	BLT SANDWICH SAUSAGE LINKS
	D	STUFFED ROAST PORK CHICKEN CORDON BLEU	ROAST TURKEY GRILLED GARLIC TILOPIA	GINGER POT ROAST SOUTHERN FRIED CATFISH	SLICED SPIRIAL HAM BBQ GLAZED CORNISH HEN	BBQ BEEF CUBES JERK CHICKEN	BAKED PORK CHOP CAJUN BAKED FISH	PEPPER STEAK SWEET & SOUR PORK
F O U R	B	BACON GRILLED HAM SLICES	BACON CREAM SAUSAGE/W BISCUITS	CANADIAN BACON SAUSAGE PATTIES	CORNBEEF HASH BACON	BACON MINCE BEEF/W TOAST		
	L	STUFFED CREOLE FLONDER ROAST PORK	FIESTA CHICKEN BEEF FAJITA	BBQ ST. LOUIS RIBS CHICKEN STEW	SAVORY BAKED PORK CHOPS ASSORTED BURRITOS	TEMPURA COD HONEY GLAZED HENS	HAMBURGER W/CHEESE BACON	SPAGHETTI W/MEAT SAUCE BACON

R	D	CHOW MEIN CHICKEN BEEF POT PIE	MUSTARD DILL BAKED FISH VEAL PARMESAN	GINGER POT ROAST TUNA NOODLE CASSEROLE	INDONESIAN STLYE BEEF CHEESE MANICOTTI	CAJUN BAKED FISH GRILLED HAM STEAK	FIVE SPICE CHICKEN LEMON PEPPER PORK CHOP	ROAST BEEF SOUTHERN FRIED CATFISH
F	B	BACON LUNCHEON SLICES	BACON HAM SLICES	CANADIAN BACON SAUSAGE LINKS	BACON CREAM SAUSAGE & BISCUITS	BACON MINCE BEEF/W TOAST		
I	L	MAMBO PORK BAKED HALIBUT	STEAK SMOTHERED W/ONION BOILED LOBSTER	ASSORTED PIZZA LASAGNA	CHICKEN & DUMPLINGS GRILLED TENDERLOIN	CHICKEN CORDON BLEU SALSURY STEAK	TUNA SALAD SANDWICH BACON	MONTE CRISTO SANDWICH BACON
V								
E	D	CHILI MAC SPRIL HAM	FRIED CATFISH STUFFED MEATLOAF	OVEN FRIED CHICKEN ITALIN STYLE VEAL STEAK	PEPPER STEAK SWEET& SOUR CHICKEN	TURKEY NUGGETS BAKED PORK CHOPS	NEW ENGLAND BOILED DINNER TILAPIA W/ LEMON SAUCE	BAKED GLAZED CHICKEN HUNGARIA N GOULASH

BEEF = GREEN
POULTRY = ORANGE
PORK = RED
FISH = BLUE
OTHER = BLACK

SEASHORE GENERAL MESS SPEED LINE 2013						
ITEM	INDEX	CALS	FATS	CARBS		
F						
R	GRILLED HAMBURGER	N-012-00	294 14G	22G		
I	GRILLED CHEESE HAMBURGER	N-012-01	400 23G	22G		
D	REUBEN SANDWICH	N-020-00	608 39G	7G		
A	ONION RINGS	Q-035-01	333 20G	35G		
Y	FRUIT FLAVORED GELATIN	VAR				
	FRUIT SALAD BAR	VAR				
	BYO SALAD	VAR				
	POTATO SALAD	M-040-00	209 13G	22G		
5	MACARONI SALAD	M-034-00	141 6G	20G		

HIGHLIGHTED DESSERT ITEMS AVAILABLE TODAY 2013

DESSERT ITEMS	INDEX	CALS	FAT	CARBS	DESSERT ITEMS	INDEX	CALS	FAT	CARBS
LEMON CREAM CAKE		170	6G	64G	OATMEAL RAISIN COOKIES	H 009 03	340	8G	44G
CIN CAKE		170	6G	64G	CHOCOLATE CHIP COOKIES	H 020 00	270	10G	47G
CHEESE CAKE	G 026 00	367	26G	30G	PECAN PIE	I 031 00	500	23G	70G
BANANA CAKE	G 006 00	208	17G	60G	TIRAMISU		470	25G	53G
PUMPKIN CHEESE CAKE		320	20G	43G	GERMAN CHOCOLATE	G 012 02	330	12G	54G
BLUEBERRY PIE	I 015 00	301	13G	43G	PEANUT BUTTER COOKIES	H 011 00	257	15G	27G
TURTLE CHEESE CAKE		750	49G	71G	CARROT CAKE	G 013 00	410	22G	51G
CARAMEL APPLE PIE		480	28G	66G	PEACH PIE	I 020 00	418	17G	64G
SWEET POTATO PIE	I 012 00	380	14G	57G	RASPBERRY CHEESECAKE		530	29G	51G
DOUBLE CHOCOLATE CAKE		320	12G	54G	FROSTY ORANGE CAKE		380	19G	51G
BANANA CREAM PIE	I 006 01	390	22G	46G	STRAWBERRY DELIGHT	LOCAL	367	26G	30G
SOCK IT TO ME CAKE		180	7G	27G	PEANUTBUTTER PIE		257	15G	27G
ORANGE CAKE	G 010 06	333	14G	51G	CINNAMON CAKE		278	7G	52G
PEANUT BUTTER CREAM PIE		258	5G	20G	PEACH PIE	I 024 00	250	12G	35G
COOKIES & CREAM CHEESE CAKE		310	20G	30G	YELLOW CAKE WITH CHOCOLATE FROSTING		232	11G	32G
PUMPKIN PIE	I 013 00	242	10G	35G	COCONUT CAKE	G 032 04	340	7G	46G
MACADAMIA NUT COOKIES	H021 01	130	10G	15G	IRISH SODA BREAD	D 002 00	335	9G	59 G
EASY CHOCOLATE CAKE	G 011 00	345	13 G	56 G	APPLE CRISP	J 001 01	190	7G	34G
OATMEAL COOKIES	H007 00	296	12G	43G	BOSTON CREAM PIE		210	10G	32G
LEMON MERINGUE		240	8G	43G	DUTCH APPLE PIE	I 008 01	358	16G	54G
RED VELVET CAKE		550	34G	61G	BLACK FOREST CAKE		317	39G	48G
CHOCOLATE CREAM PIE	I0280 01	331	14G	50G	SNICKERDOODLE COOKIES	H 013 02	246	8G	41G
CHERRY PIE		270	15G	45G	PINEAPPLE UPSIDE DOWN CAKE	G029 01	357	13G	60G
FLAN		70	0G	6G	BANANA & PEACAN UPSIDE DOWN CAKE		313	11.2G	60G
SOUR CREAM POUND CAKE		310	20G	30G					

SALAD BAR CYCLE MENU 2013

Week 1:	Week 2:	Week 3:	Week 4:	Week 5:
Monday	Monday	Monday	Monday	Monday
Three Bean Salad	Three Bean Salad	Garden Salad	Caesar Salad	Three Bean Salad
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Turkey Salad	Turkey Salad	Turkey Salad	Turkey Salad	Turkey Salad
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Tuna Salad	Tuna Salad	Ham Salad	Tuna Salad	Ham Salad
Thursday	Thursday	Thursday	Thursday	Thursday
Chef's Salad	Chef's Salad	Chef's Salad	Chef's Salad	Chef's Salad
Friday	Friday	Friday	Friday	Friday
Chicken Salad	Chicken Salad	Crab or Shrimp Salad	Chicken Salad	Crab or Shrimp Salad

SEASHORE GENERAL MESS DIASTER FEEDING MENU 2013													
INDEX	ICAL	IFAT	CARES	LUNCH	INDEX	CAL	FAT	CARES	DINNER	INDEX	CAL	FAT	CARBS
BREAKFAST													
F SAUSAGE EGG & NO3702	459	27G	28G	HAM & CHEESE SANDWICH	NO1102	368	15G	33G	TUNA/CHEESE SANDWICH	NO1700	332	16G	31G
R CHEESE ON AN													
J ENGLISH MUFFIN													
D 1 BAGEL	242	2G	48G	2 HARD BOILED EGGS		25	1.5G	0G	2 HARD BOILED EGGS		25	1.5G	0G
A 1 CREAM CHEESE	88	9G	1G	1 CAN OF GATORAIDE		80	0G	21G	1 CAN OF GATORAIDE		80	0G	21G
1 PEANUT BUTTER	186	16G	5G	1 NUTRIGRAIN BAR		130	3G	24G	1 NUTRIGRAIN BAR		130	3G	24G
1 JELLY	50	0G	13G	2 PIECES OF FRUIT	VAR	200	10G	23G	2 PIECES OF FRUIT	VAR	200	10G	23G
BLUEBERRY MUFFIN	178	5G	30G	BUTTER CRACKERS					BUTTER CRACKERS				
ORANGE JUICE	140	0G	33G	1 BAG OF CHIPS		150	10G	16G	1 BAG OF CHIPS		150	10G	16G
APPLE JUICE	140	0G	34G	1 CHEWY BAR		90	15G	19G	1 CHEWY BAR		90	15G	19G
FRESH FRUIT				1 BAG OF PEANUTS		170	15G	5G	1 BAG OF PEANUTS		170	15G	5G
2 HARD BOILED EGGS	25	1.5G	0G	1 BAG OF COOKIES		240	12G	32G	1 BAG OF COOKIES		240	12G	32G
				LETTUCE		8	0.1G	1.5G	LETTUCE		8	0.1G	1.5G
				TOMATO		10	0G	2.0G	TOMATO		10	0G	2.0G
				MUSTARD		52	3.22G	3.91G	MUSTARD		52	3.22G	3.91G
				KETCHUP		0	0G	0G	KETCHUP		0	0G	0G
				MAYONNAISE		100	11G	0G	MAYONNAISE		100	11G	0G

****HOT DOGS AND HAMBURGERS WILL BE SERVED DEPENDING ON POWER RESTORE.****

PREPARED BY: _____

APPROVED BY: _____

APPROVED BY: _____

FOOD SERVICE OFFICER

COMMANDING OFFICER IN CHARGE

THE FOOD SERVICE OFFICER AUTHORIZED TO MAKE CHANGES TO THIS MENU WHEN, DUE TO UNUSAL OR UNFORSEEN CIRCUMSTANCES, IT MAY BE NECESSARY TO PROVIDE SUBSTITUTIONS FOR FOOD ITEMS NOT IN STOCK OR TO PERMIT TIMELY USE OF PERISHABLE FOODS. MRE WILL BE PROVIDED IF THERE IS NO POWER OR WATER SUPPLIED TO THE BASE.